



Disaster and Emergency Management Resources

Extreme Heat Management Measures

Before

- Air conditioning is the number-one protective factor against heat-related illness and death.
- Make sure your home is properly insulated and weather-strip doors and windowsills to keep cool air inside. Insulate spaces around air conditioners for a tighter fit.
- Protect windows. Hang shades, draperies, awnings, or louvers on windows that receive morning or afternoon sun. Outdoor awnings or louvers can reduce the heat entering the house by as much as 80 percent.

During

- If your home does not have air conditioning, choose other places you can go to get relief from the heat during the warmest part of the day.
- Plan changes in your daily activities to avoid strenuous work during the warmest part of the day.
- Drink plenty of water regularly. Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothing that reflects heat and sunlight and helps maintain normal body temperature.
- Avoid getting a sunburn because it will slow the skin's ability to cool itself.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly and very young people.
- Slow down and reduce, eliminate, or reschedule strenuous activities.
- Check on family, friends, and neighbors who do not have air conditioning or who spend much of their time alone – particularly elderly persons.
- Take frequent breaks if you must work outdoors.
- NEVER leave children or pets alone in closed vehicles. Temperatures inside a closed vehicle can reach over 140 degrees F within minutes. Exposure to such high temperatures can kill in minutes.
- Learn about and be prepared to treat extreme heat-related disorders

Adapted from resource material developed by the Federal Emergency Management Agency